



RSL

Stanthorpe Sub Branch

SERVE - REMEMBER - INSPIRE

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Branch Contacts

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Women's Auxiliary

President: Veronica Ryan
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Secretary: Helen Corbett
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Office Hours

Tuesday 10am - 12noon
Friday 10am - 12noon

Drop-in Centre

Friday 10am - 12noon
BBQ First Friday of Every Month
If you are close by, feel free to pop in.

Useful Links

Stanthorpe Sub Branch - Website
www.stanthorperssubbranch.org

stanthorperssubbranch.org

DECEMBER 2021

CP NEWS

PRESIDENT RAMBLINGS

How time flies, another year gone!

First the great news, your Sub Branch has purchased a 2 Bedroom Unit in Harris Street to be used for medium term accommodation for our Veterans, Widows or community members in need. Your committee has a vision that the number of units will increase over the next few years. The reasons we purchased this accommodation is to help our veteran community when they're in need and to give the Sub Branch a secure financial base for our future.



Queensland State RSL AGM

At our Sub Branch General Meeting held on the 28th November 2021, the members who attended discussed and voted on how I, as the delegate, would vote on the two motions;
a. State President, and
b. New Constitution

I attended the State AGM in Brisbane over the period 8th-10th December 2021. The voting was held on the morning 9th December. The outcome of the voting was;

Major General Stephen Day DSC, AM was elected State President and the New Constitution was defeated again (fourth year in a row) – 64% for, 36% against. To pass there had to be a minimum vote of 66.66% for the constitution.

The AGM gave me the opportunity to network with other delegates from Sub Branches all over Queensland and yes this was over a pint or two. After speaking to them, it proved to me, that even though we are a strong and growing Sub Branch, there are aspects that need to be improved mainly to do with wellbeing activities. We have trouble attracting members to participate in activities like bus trips, excursions, walks, BBQ's and even meetings. Majority of these activities help with members with their mental health and gives them the opportunity to get out of the house.

To all members and families, your board members and I wish you a very Merry Christmas and a great New Year. We look forward to seeing you all in 2022 especially at our AGM being the last Sunday in March. Let's get together and help each other.

Cheers, Martin Corbett

NEWS FROM OUR WESTERN DISTRICT OFFICE

The Western District Branch Annual General Meeting is to be held in Toowoomba on Saturday 26th February 2022.

Nominations are being called for District Vice President and District Treasurer. If you are interested, feel free to contact the Sub Branch for a copy of the Position Description and Nomination Form. Nominees are also requested to provide an Resume with their Nomination.

Please return your completed Nomination Form and Resume by close of business on Friday 14th January 2022.

Email - admin@stanthorperssubbranch.org
Postal - PO Box 887, Stanthorpe Qld 4380

DECEMBER 2020

NEWSLETTER

RSL SOCIAL GOLF - 2022

For some years the Sub Branch has hired the Stanthorpe Golf Course every Wednesday to provide an opportunity for ex-defence members to get out and about on the golf course.

The competition that was conducted on these days was known as the RSL Social Golf Competition. While the competition has been very popular it has not attracted a large number of ex-defence members to participate and for this reason a change has been decided from January 2022 onwards.

RSL Social Golf as an entity will cease to exist and the competition will revert to the Golf Club and be conducted as they see fit.

The opportunity for ex-defence members to play golf on a Wednesday will not change and will continue to be subsidised by the Sub Branch. Any ex-defence member wishing to play social golf on a Wednesday is welcome to enjoy the facilities of the golf club from midday onwards. There will be no charge to play social golf but you need to check in with the bar staff and advise them that you will be on the course.

Ex-defence playing in the morning competition will also be subsidised for a portion of their competition and green fees.

Please take this opportunity to get out and enjoy the facilities that have generously been offered at a reduced rate by the Stanthorpe Golf Club.

DATE CLAIMER

Sub Branch AGM - Sunday 27th
March 2022 at 1400

Positions to be filled - Secretary and
Director x 2

Nominations to open - 18 February
2022
Nominations close - 13 March 2022

The results will be published on 15
March 2022

More details will be forwarded to all
members in February 2022.

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BOOK BURSARY AND TRUE LEGENDS AWARDS

Each year, the Stanthorpe RSL Sub Branch presents a book as an award to a Year 6 student of each of the fourteen primary schools in the district. The award is given to a student who displays the ANZAC Spirit. The values of the ANZAC Spirit include such human qualities as courage, mateship, fairness, persistence, integrity, humour, initiative, endurance, determination, ingenuity, respect, and the "selfless spirit of ANZAC". In addition to this, the Sub Branch also donates a book to each school library.

This year, the book that has been awarded and donated is "Next Door's Dog is a Veteran's Dog", written by Gina Dawson. The message that PTSD affects community members, has been well written into this picture book.

Book Bursary

St Joseph's Primary - Emily Doyle
Texas State School - Brock Dawson
Severnlea State School - Blake Temple
Dalveen State School - Isaac Hill (Pictured with Director Glen Gibson)
The Summit State School - Baylie Ford
Ballandean State School - Riley Squibb and Alex Jenkinson
Stanthorpe State Primary School - Brianna Anderson
Thulimbah State School - Angus Foster (Pictured with Director Robert Swaine)
Broadwater State School - Namaaha Kohler
Pozieres State School - Montana Casey and Olivia Munn
Glen Aplin State School - Lilyarnah Payne
Greenlands State School - Jacob Day
Applethorpe State School - Sophie Fossey
Amiens State School - Sophia Calvisi

Maybe in years to come, when these students are in high school, their name might be listed as a True Legends Award Winner.

True Legends

Four years ago we implemented this awards program - True Legends to assist students with their education costs. Earlier this year, we had discussions with the Head Of Department teachers and it was identified that students in Year 9, study WWI. The program was changed and the criteria for which the research paper is to be written should relate to a fallen service person from Stanthorpe whose name appears on an honour board on one of Stanthorpe's memorials. In 2022, we hope to incorporate Texas State School into this award program.

Our congratulations to the following students:
Stanthorpe State High School - Alexis Hill
(Pictured with President Martin Corbett and SSHS Deputy Principal Daniel Ward)

St Joseph's Secondary - Claire Williamson, Kiana Stone and Laura Richards



SUB BRANCH HOURS

Over the Christmas period the Sub Branch will be closed from -

18th December 2021 until
11th January 2022

For any emergencies, please contact Tom Page on 0434 212 485 for assistance.

Should you need to contact our Advocate, please call Martin Corbett on 0412 697 586 or email stanpension@gmail.com

NEW MEMBERS

We are only as good as our members. Know anyone who wants to join? Everyone is welcome.

DECEMBER 2020

NEWSLETTER

TS KOOKABURRA

2021 has come to a close for our TS Kookaburra Navy Cadets. We have had a great 2021 and have ended the year with 20 cadets which was my goal for the year. Two cadets attended a promotion course over 5 weeks via a zoom conference to get promoted to Petty Officer and Leading Seaman which was great. 5 cadets in September attended Spec course which is a 7 day camp and they undertook a sailing and marine tech course. All had a great time and enjoyed coming together with other cadets from the Moreton Flotilla. We have had great days with TS Toowoomba Cadets over the past 12 months at each others depots. We finished the year with our Christmas break up with bowling and laser tag in Toowoomba and everyone had a great time.

Our last parade for the year was Sunday 5th December where we invited our Flotilla Commander LCDR ANC Taylor Duncan to attend. It was an honour that he attended from Brisbane. This year we introduced 5 new awards to which LCDR ANC Taylor Duncan presented to the worthy cadets. In 2022, we plan to introduce another 2 awards being Top Shot and Top Sailing. Mr Martin Corbett attended our awards day to present the Stanthorpe RSL Sub Branch award for the Cadet most deserving by secret ballot. The cadet that was presented this award was CDTPO David Nemeth.

1st Year Best Cadet - CDTSMN Will Bonner
2nd Year Best Cadet - C DTAB Deacon Voysey
Senior Cadet for the Year - CDTLS Wyatt Robertson
Cadet of the Year - CDTPO David Nemeth
All awards were presented by LDCR ANC Taylor Duncan.

TS Kookaburra would like to thank the Stanthorpe RSL Sub branch for their donation of the Kia vehicle in October and their continued support to the cadets. I would like to wish everyone a Merry Christmas and a happy and safe New Year.

Thank you all for your great support over 2021.
LEUT ANC Katrina Nemeth.

FROM THE SECRETARY'S DESK

We now have two permanent part time staff supporting the operation of the Sub Branch. Connie as administrative assistant and Shani in administrative support roles.

We have entered a new phase of our renovation process with the attention turning to the gardens and providing a new work area for our memorabilia team. The memorial garden is coming together with items, a plaque (on order) and seating (in planning) all that remains. Once completed will provide an outdoor space adjacent to the Drop Inn to allow for quiet contemplation.

It is pleasing to see that our membership continues to grow at a small but modest rate while we see many of our sister Sub Branches suffering a decline. We now have 184 members comprising 162 service members, 17 auxiliary and 5 non-league.

There has been a noticeable uptick in veterans visiting the Sub Branch either; having moved into the area and transferring membership; to see our very successful advocate; to join up or just to say Hi. In contrast, participation in activities at the Drop Inn still suffer as we are all come to grips with the "new normal".

Thomas Cavanagh and Bob Swaine have been going gangbusters in ensuring our memorabilia is correctly recorded; described and catalogued. This process has resulted in all our memorabilia being collated in a central area and will be once again displayed when we have finished the catalogued process. These items form a significant part of our assets and more importantly helps us achieve some of our RSL Objects in preserving memories.

Thomas and I recently attended a workshop facilitated by Museums Queensland to give us guidance and ideas on cataloguing, storing and displaying our collection.

I would like to thank all the committee members for their assistance and perseverance over the past year and look forward to their continued support. To all the Sub Branch members I have met, I extend a greeting and to those I have not, I look forward to meeting you. Please drop in if you are in the neighbourhood, say Hi, and have a look at what we have done.

REMEMBRANCE DAY

The forecast was for rain and lots of it! Our region received over 85mm causing some minor flooding and road closures. Fortunately, with some forward planning,

Southern Downs Regional Council (SDRC) allowed us to use the Stanthorpe Civic Centre to host our 2021 Remembrance Day Service.

With over 100 veterans, community members, staff and school students from St Joseph's School. Sub Branch Director Norm Steele conducted the service. Members of TS

Kookaburra Navy Cadets were in attendance as the Catafalque Party took to their posts. Member for the Southern Downs, James Lister and SDRC Councillor Stephen Tancred were guest speakers and also laid wreaths to remember those who have died or suffered in all wars and conflicts. Special guests, who were on border duties, from 1st Battalion and 3rd Battalion of the Royal Australian Regiment based in Townsville, also attended and laid a wreath (Pictured).

TS Kookaburra Catafalque Party



DECEMBER 2020

NEWSLETTER

DVA HEART HEALTH PROGRAM

Free 12 Month Health and Fitness Program for Returned Veterans, Peacekeepers & ADF Firefighter Scheme.

The Heart Health Program is fully funded by the DVA and aims to help you increase your physical health and general wellbeing through 12 months of practical exercise support and advice on healthy lifestyle information. The program's goal is to guide and assist participants in establishing positive and lifelong change leading to a healthier and more active lifestyle.

How it works: Heart Health Program
The program runs for 12 months and includes regular physical activity sessions as part of a group of other eligible veterans, or if participating as an individual, a program provided exercise resource that provides you with the opportunity to increase or compliment your current level of activity plus the delivery of 12 healthy lifestyle education seminars or modules.

The program encourages a safe environment to allow all participants to improve their health and fitness at their own pace. The program covers a range of topics including:

- Setting healthy goals
- Nutrition and diet advice
- Advice on lowering alcohol consumption
- Developing better sleep patterns
- Stress management
- Managing diabetes
- Taking care of your body
- Managing your weight
- Maintaining a healthy heart

Heart Health Program - Flexible Delivery can be offered in two formats. The Group Heart Health Program or the Individual Heart Health Program. The program caters for all age groups, genders and levels of fitness and or mobility.

You may want to: Improve your general fitness
Improve your knowledge on health and wellbeing
Improve your social connections with other likeminded veterans.

For more details - www.veteranshearthealth.com.au/eligibility

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A MESSAGE FROM YOUR RSL STATE PRESIDENT

This is my first correspondence to you, my fellow Members, in my capacity as State President. I make a commitment to roll my sleeves up, to communicate and consult, and give my best in the interests of the League.

I want to acknowledge Tony Ferris. Tony gave an unquestioned commitment to his responsibilities. He, and his family, made significant sacrifices over the last three and half years in our service. Few of us will ever understand the challenges, stress and pressures he endured. He will, hopefully, over the next few months get a chance to relax and refresh and continue to contribute to the League.

Last Thursday, 9 December, was an emotional day for many at the Annual General Meeting (AGM). The vote on amending the Constitution invoked strong passions. There were many who earnestly believed in and supported changes to the Constitution. Some Delegates, notably from regional communities, with small memberships and whose Sub Branch is a very important part of their community, saw the Member Value Proposition (MVP) as essential to their survival. And there were those who were equally earnest in their view that the proposed changes were unacceptable. Some considered the MVP a risk to the notion that RSL membership is based on having served our country in one of the Services.

Both views are valid. The Veteran must remain the most important of our Members and yet we need to do what we can to help Sub Branches who are struggling but have a passionate commitment to keeping our legacy alive in their communities.

The issue of changing governance arrangements for our Board seemed less controversial, perhaps because for most of us it is hard to get too excited about governance. Of course, governance is a critical function for us, not least because it ensures accountability and transparency. It is clear to me that we need to modernise some of our arrangements.

I will work with my colleagues over the coming months to see what lessons we can take from this year's efforts and use them to arrive at a new approach aimed at achieving a satisfactory conclusion for the League.

Regardless of our perspectives on the Constitution it is important, I believe, to acknowledge that though views may be different they all come from a good place; a shared belief in the nobility of our purpose, our objectives and a desire to see our RSL thrive.

Please accept my warmest wishes to you and your families for Christmas and keep an eye out for each other.

Regards,
Stephen Day DSC, AM
Major General
RSL Queensland State President

HELPFUL LINKS

MindTrails is an evidence-based program designed to help people think differently about situations that make them feel anxious. The program is free as part of a study funded by the National Institute of Mental Health and has been completed by people of all racial and ethnic identities from many countries around the world. The program focuses on anxiety that people may experience regarding social situations, physical concerns, work, and COVID-19 (including populations with generalized anxiety, social anxiety, and panic disorder, and high anxiety that isn't part of a disorder). We welcome all eligible adults to participate in MindTrails.

Get Started at: <https://mindtrails.virginia.edu/>
For other Digital Treatment Programs see: <https://eapassist.com.au/digital/>

DVA - www.dva.gov.au

Mates4Mates - www.mates4mates.org

RSL Queensland - www.rslqld.org

Open Arms - www.OpenArms.gov.au